



Pembina County Resource Guide

*As of
September 25th,
2024*



Public Health
Prevent. Promote. Protect.

Pembina County Public Health

Goal: The goal of this community resource guide is to raise awareness about and to promote resources available to caregivers, aging individuals who desire to live independently, and those seeking resources in rural Pembina County.

This directory was developed collaboratively with community stakeholders and will continue to be revised and updated. The intentions of the stakeholders are not to endorse one organization over another but to provide easily accessible, current, and accurate information about the variety of resources promoting wellbeing for all ages.

Please note hyperlinks for internet access to resource websites and the telephone (tel) hyperlink for easy calling from your smartphone.

Cover Picture:

Thank you to Ava Kemnitz for her talents to create the positive behavioral health hopscotch for all ages. See her artistry talents at the Cavalier City Park and give it a try!

Disclaimer:

This information was compiled as a public service project. Every effort has been made to provide complete and accurate information. Please bring any inadvertent error or omission to the attention of Pembina County Public Health at 701-265-4248.

Table of Contents	Page(s)
Adaptive Clothing.....	4
Assistance with Activities of Daily Living.....	4-5
Behavioral Health.....	5-20
Children and Young Adult Support Services	22-26
Community Services, Quality of Life, Enrichment.....	27-30
Ear and Eye Health.....	30-31
Fitness.....	31
Food, Meal Programs and Groceries.....	32
Grief and Bereavement.....	33
Healthcare/Health Maintenance Services.....	34-36
Home Health Services.....	37
Housing, Finance, and Weatherization.....	38-40
Health Insurance Counseling.....	38
International Travel.....	38
Legal References.....	40
Medication Assistance.....	41
Oral Health.....	42
New American/Refugee Services.....	42
Relocation or Storage Services.....	42-43
Residential Living for Seniors.....	44-45
Respite Care.....	45
Safety Equipment and Supplies.....	45-47
Specialty Care.....	48
Support Services.....	48-53
Transportation Services.....	54
Veterans Services.....	55
Volunteer Opportunities.....	56

Adaptive Clothing-Contact the following organizations to purchase clothing options for people with physical limitations.

Buck & Buck

tel:[8004580600](tel:8004580600)

www.buckandbuck.com

iCare Clothing Solutions

15 Wilshire Lane, Plainview, NY 11803

tel:[8004451981](tel:8004451981)

clothingsolutions.com - Store located on www.amazon.com

Sanford Healthcare Accessories

3223 32nd Ave. South, Fargo, ND 58103

tel:[7012938211](tel:7012938211) or tel:[8002884613](tel:8002884613)

www.healthcareaccessories.com

Assistance with Activities of Daily Living-Services may include homemaking, evaluation and monitoring, or personal hygiene.

Aging Services Division ND Department of Human Services

1237 West Divide Ave., Suite 6, Bismarck, ND 58501

tel:[7013284601](tel:7013284601) or tel:[8554625465](tel:8554625465)

Email: carechoice@nd.gov

<https://www.nd.gov/dhs/services/adultsaging/>

North Dakota Department of Human Service

Qualified Service Providers

316 North 5th St., #300, Bismarck, ND 58501

tel:[7013280955](tel:7013280955) or tel:[8554625465](tel:8554625465)

Search Qualified Service providers in your area:

<https://www.nd.gov/dhs/services/adultsaging/providers.html>

Northeast Human Service Center-Aging Services

151 South 4th St., Suite 401, Grand Forks, ND 58201

tel:[7017953000](tel:7017953000) or tel:[8882566742](tel:8882566742)

E-mail: dhsnehsc@nd.gov

<https://carechoice.nd.assistguide.net/>

Pembina County Memorial Hospital
301 Mountain St. East, Cavalier, ND 58220
Emergency Care Available 24 Hours
tel:[7012658461](tel:7012658461)
www.cavalierhospital.com

Northern Valley Human Service Zone (Cavalier, Pembina, & Walsh counties)
300 Boundary Rd. W. #3, Cavalier, ND 58220
tel:[7012658441](tel:7012658441) or Langdon tel:[7012562175](tel:7012562175)
<https://www.nd.gov/dhs/locations/countysocialserv>

Langdon Prairie Health
301 5th St., Walhalla, ND 58282
Hours: 7:00am to 5:30pm Monday-Thursday
tel:[7015492711](tel:7015492711)

Behavioral Health-Access services listed below that provide mental health and addiction counseling, support, or information.

Table of Contents

Emergency Care.....	5
Crisis.....	6-7
Suicide.....	7
Addictions (Alcohol, Gambling, Hoarding, Internet/Social Media, Tobacco/Vaping).....	7-9
Case Management.....	10-9
Counseling, Psychiatry, and Mental Health.....	11-20
Medication Assisted Treatment.....	21-22
Support (ADHD, Autism, Grief, Other).....	23-25
Additional Resources.....	26-27

Emergency Care

- **Call 911**
- **Pembina County Sheriff Department**
tel:[7012654122](tel:7012654122)

Crisis

- **Suicide - Call tel:**[988](tel:988) Statewide 24-hour helpline; health and human services information and referral
988lifeline.org
- **Poison Control - Call tel:**[8002221222](tel:8002221222)

Altru Health System (Emergency room services available 24/7)
1200 South Columbia Rd., Grand Forks, ND 58201
tel:[7017805000](tel:7017805000)
www.altru.org

Cavalier Area Ministerial Association
tel:[7015204056](tel:7015204056)

CliniCare Clinic
301 Mountain St. East, Cavalier, ND 58220
Hours: 8:00am to 5:00pm Monday-Friday
9:00am – 3:00pm Saturday
tel:[7012656307](tel:7012656307)
www.cavalierhospital.com

Northeast Human Service Center
151 South 4th St., Suite 401, Grand Forks, ND 58201
24 Hour Crisis line tel:[7017953000](tel:7017953000) or tel:[8552481619](tel:8552481619)

Pembina County Memorial Hospital
(Emergency room available 24/7)
301 Mountain St. East, Cavalier, ND 58220
tel:[7012658461](tel:7012658461)
www.cavalierhospital.com

Prairie St. John's (Services available 24/7)
510 4th St. S, Fargo, ND 58103
tel:[7014767200](tel:7014767200) or tel:[8773339565](tel:8773339565)

<https://prairie-stjohns.com>

The Little Frontier Clinic

1218 Delano Ave, Walhalla, ND 58282

Hours: Monday-Thursday 8:00am-5:00pm Friday 8:00am-5:00pm

tel: [7015492888](tel:7015492888)

After hours appointments and house calls 7 days/week

Veteran's Crisis Line

tel: [988](tel:988) then Press 1 or text 838255

www.veteranscrisisline.net

Suicide

National Suicide Prevention, Hopeline Network, Suicide & Crisis Hotline:

24-hour crisis intervention if you or someone you know are having suicidal thoughts

tel: [988](tel:988)

<https://suicidepreventionlifeline.org/> or 988lifeline.org

Survivors of Suicide Support Group - Altru Hospital TEARS

1200 South Columbia Rd., Grand Forks, ND 58201

tel: [7017801828](tel:7017801828)

Email: tears@altru.org

Addictions

Alcohol

- Pembina County Memorial Hospital Board Room
Alcoholics Anonymous and Al-Anon
Meets Tuesday at 8:00pm
301 Mountain St. E, Cavalier, ND 58220
- 901 3rd St., #4
Langdon, ND 58249
tel: [7012562256](tel:7012562256)
- Grand Forks, ND
tel: [2187793600](tel:2187793600)
Hotline tel: [7013304339](tel:7013304339)

<http://grandforksaa.org/>

Gambling

- Sharon Lutheran Church
1720 S. 20th St., Grand Forks, ND 58201
tel: [2187790823](tel:2187790823) Susan
Hours: Meeting Sunday, 5:00pm
www.gamblersanonymous.org

Hoarding

- Alana D Johnston Therapy, PLLC
2300 Library Circle tel: [7016389914](tel:7016389914)
or 600 Demers Ave, Ste 303 tel: [7017570292](tel:7017570292)
Grand Forks, ND 58201

Internet / Social Media

Social media addiction is a behavioral addiction. It is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

For help contact a behavioral health counselor.

- Dakota Boys and Girls Ranch
7151 5th St S, Fargo, ND 58104
tel: [7012372123](tel:7012372123)
<https://dakotaranch.org>
- Rhonda Callahan, LCSW
4200 James Ray Dr, Grand Forks, ND 58202
tel: [7017608599](tel:7017608599)
<https://www.therapyworksmidwest.com/>
- Fargo VA Healthcare System/Substance Abuse Treatment Program
2101 Elm St NE, Fargo, ND 58102
tel: [7012323241](tel:7012323241)
<https://www.va.gov/fargo-health-care>

Tobacco and Vaping

- Help to quit
- ND Quits
tel: [8007848669](tel:8007848669) (1-800-QUIT-NOW)
<https://www.hhs.nd.gov/health/ndquits> or
<https://www.breathend.com>
- Teen Vaping
My Life My Quit – Text “Start My Quit” to 36072 or
tel: [8558918898](tel:8558918898)
www.mylifemyquit.com
- EX Program
Text DITCHVAPE to 88709
<https://truthinitiative.org/thisisquitting>
- Pembina County Public Health Nicotine Replacement Therapy
Reimbursement Program
Monetary reimbursement of up to \$200 per year while funding is
available
tel: [7012654248](tel:7012654248)
- CliniCare
301 Mountain St E, Cavalier, ND 58220
Tobacco Treatment Specialist (cessation counseling, medication)
tel: [7012656307](tel:7012656307) for appointment

Case Management

Domestic Violence and Abuse Center, Inc.

308 Courthouse Dr., #8, Cavalier, ND 58220

tel: [7013310466](tel:7013310466)

DVAC 24-Hour Crisis Line tel: [8664357490](tel:8664357490)

National Domestic Violence Hotline at tel: [8007997233](tel:8007997233)

or TTY 800-787-3224

Options Resource Center for Independent Living

318 3rd St. NW, East Grand Forks, MN 56721

tel: [8007263692](tel:8007263692)

<http://www.myoptions.info>

Northeast Human Services Center-Aging Services

151 South 4th St., Suite 401, Grand Forks, ND 58201

tel: [7017953000](tel:7017953000) or tel: [8882566742](tel:8882566742)

E-mail: dhsnehsc@nd.gov

<https://www.nd.gov/dhs/locations/regionalhsc/northeast/index.html>

901 W Midway Dr, Grafton ND 58237

Northern Valley Human Service Zone (Cavalier, Pembina, & Walsh counties)

300 Boundary Rd. W. #3, Cavalier, ND 58220

tel: [7012658441](tel:7012658441) or Langdon tel: [7012562175](tel:7012562175)

<https://www.nd.gov/dhs/locations/countysocialserv>

Counseling, Psychiatry, and Mental Health

Agassiz Associates, PLLC

All ages therapy, psychological testing/evals, medication
(also provide chemical dependency services)

2424 32nd Ave. S, Ste 202, Grand Forks, ND 58201

Hours: Monday & Wednesday 8:00am – 5:00pm

Tuesday & Thursday 8:00am-8:00pm

Friday: 8:00am-12:00pm

tel: [7017466336](tel:7017466336)

www.agassizassociates.com

A Johnston Therapy

Therapy for ages 8+; TF-CBT, CBT, family therapy

600 Demers Ave, Ste 303 &

2300 Library Circle, Grand Forks, ND 58201

tel: [//7017570292](tel://7017570292)

Altru Behavioral Health Clinic

860 S. Columbia Rd., Grand Forks, ND 58201

tel: [7017805000](tel:7017805000)

www.altru.org/services/psychiatry-center

Altru Hospital Psychiatry

860 S. Columbia Rd., Grand Forks, ND 58201

tel: [7017806697](tel:7017806697)

Amber Waves Therapy

Individual therapy for ages 16+ & couples, EMDR, CBT, DBT

Telehealth or In-person

2017 S Washington, Ste 3, Grand Forks, ND 58201

tel: [//7013300945](tel://7013300945)

Anew

Individual, couples, & family therapy

117 N. Washington, St, Ste C, Grand Forks, ND 58201

Julie Riddle <tel://70124860580>

Angie Muhs <tel://2187910401>

Assessment and Therapy Associates of Grand Forks

Child, adolescent, adult & family therapy, Psych testing/evals

3535 S. 31st St., Ste 201, Grand Forks, ND 58201

tel:[7017806821](tel:7017806821)

<http://www.grandforkstherapy.com>

Benson Psychological Services

Psychological evals, Disability evals, Parenting capacity evals, Threat Assessments, Fitness for duty and return to work, Sex offender evals

1308 23rd St S, Fargo, ND

tel:[7012977540](tel://7012977540)

Birchwood Therapeutic Services

Individual therapy ages 1+, Animal assisted & Equine therapy

216 Belmont Rd, Grand Forks, ND 58201

tel:[7015321353](tel://7015321353) option 2

Catholic Charities of ND, St Alphonsus School

209 10th Ave., Langdon, ND 58249

tel:[7012562354](tel:7012562354)

Center for Psychiatric Care, PC

1451 44th Ave. S, Unit A, Grand Forks, ND 58201

tel:[7017322500](tel:7017322500)

Center for Self-Growth & Renewal

Adult & couples therapy, DBT, CBT, EMDR

1551 28th Ave. S, Ste C, Grand Forks, ND 58201

tel:[7017464400](tel:7017464400) or tel:[8888310446](tel:8888310446)

www.selfgrowthandrenewal.com

Centre, Inc. (Social reintegration)

201 4th St S, Grand Forks, ND 58102

Services Monday-Saturday

tel:[7017466303](tel:7017466303)

www.centreinc.org

CliniCare

- 301 Mountain St E, Cavalier, ND 58220
Emily Koenig, Mental Health Therapist
Amber Deere, Psychiatric Mental Health Nurse Practitioner
Heather Snell, Psychiatric Mental Health Nurse Practitioner
tel: [7012656307](tel:7012656307) for appointment

Community Health Service, Inc

1113 W 11th St, Grafton, ND 58237

tel: [8773524048](tel:8773524048)

<http://chsiclinics.org> or <https://www.facebook.com/CHSIclinics>

Community Options

Case management, family check-up, parenting, skills, community Connect, employment support for individuals with disabilities, services for ASD & ID, TBI, Jobs & Crossroads program for single parents

2300 Library Cir, Grand Forks, ND 58201

<tel://7017721715>

Cope Well Foundation (for Cancer Survivors)

4200 James Ray Dr., Grand Forks, ND 58202

tel: [7013305255](tel:7013305255)

Email: info@copewell.org

CVIC

Support for domestic violence assault, child abuse, trafficking, stalking, elder abuse, legal help, support groups, crime victim advocacy

211 S 4th St, Grand Forks, ND 58201

<tel://7017468900>

Crisis Line 24/7: <tel://7017468900>

Don Foley Counseling (also chemical dependency)

5042 5th Ave N, Grand Forks, ND 58201

tel: [7017467857](tel:7017467857) or tel: [7633929956](tel:7633929956)

Drake Counseling

311 4th St., Ste 401, Grand Forks, ND 58201

tel:[7017573200](tel:7017573200)

Email: drakecounseling@aol.com

<https://www.drakecounselingservices.com>

Family Institute

All ages for individuals, couples, & family therapy, Psych testing/evals, Behavioral, CBT, DBT, Pain management

217A S 4th St, Grand Forks, ND 58201

tel://[7017721588](tel:7017721588)

First Step Recovery, The Village

2701 12th Ave S, Fargo, ND 58501

tel:[7014514900](tel:7014514900) or tel:[8006278220](tel:8006278220)

<https://www.thevillagefamily.org/content/first-step-recovery>

Hart to Heart Counseling

All ages for individual, couples & family therapy, Anger management, EMDR, Play therapy, Telehealth and in-home options

340 Division Ave, Grand Forks, ND

tel://[8664278370](tel:8664278370)

Ideal Option (MAT services – suboxone and vivitrol)

3301 30th Ave S, Ste 102, Grand Forks, ND 58201

tel:[8775221275](tel:8775221275)

<https://www.idealoption.com/suboxone-clinics/grand-forks>

Infinity Health

Medication management ages 5+, MAT treatment, ADHD testing, Telehealth available

15218 24th Ave S, Ste 203, Grand Forks, ND

tel://[7018857920](tel:7018857920)

Innovative Healing Counseling & Consulting, LLC

Angela M. Longtin

tel:[7019920628](tel:7019920628)

Email: Innovativehealing777@gmail.com

Katie Allen Therapy Services

Individual therapy 8+, couples, Trauma, EMDR, TF-CBT, DBT, CBT-E,
Women's issues, Telehealth and in-person
4200 James Ray Dr, Grand Forks, ND 58201

tel://7013142300

Email: katie@katieallentherapy.com

Kooser Counseling Services

Therapy for children & families, Specializes in early childhood, PCIT
2524 S Washington St, Grand Forks, ND

tel://7013537579

Laidlaw Psychological Services

Therapy for all ages 13+
3301 30th Ave S, #101 Grand Forks, ND 58201

tel:[7017809700](tel:7017809700)

Lakeside Center for Behavioral Change

1450 25th St. S, Fargo, ND 58103

tel:[7013561047](tel:7013561047)

<http://www.lakesidecenter.org>

Level Up Mental Health Collaborative

Therapy for adolescents & adults, EBT, EMDR, TF-CBT, ESFT
2300 Library Cir, Grand Forks, ND

tel://7017570477

Lipp, Carlson, Witucki & Associates, LTD

All ages for individual, couples, family therapy, Psych testing/evals,
DBT

735 Hill Ave., Suite 203, Grafton, ND 58237 (Tara Shirek) or
2808 17th Ave S., Grand Forks, ND 58201

tel:[7017468376](tel:7017468376)

www.lclwpsychologists.com

Life Solutions & Therapy

All ages individual and family therapy
2212 Library Cir, Ste B, Grand Forks, ND

Lucas Nelson <tel://7017405011>

Military Family Life Counselor

Free & confidential therapy for military members & their families
Grand Forks Air Force Base, Grand Forks, ND
<tel://7014055894>

Midwest Neuropsychology, LLC

Eval of cognitive functioning secondary to neuropsychiatric disorders
3301 30th Ave S, Ste 104, Grand Forks, ND
Susan Thompson, PhD <tel://7017809700>

New Directions Therapy

Individual therapy ages 12+, CBT, EMDR
3301 30th Ave S, Ste 101, Grand Forks, ND
<tel://7017809700>

Northeast Human Services Center

- Grand Forks, Main Office
151 S. 4th St., Grand Forks, ND 58201
tel: [7017953000](tel:7017953000)
24 Hour Crisis Line tel: [211](tel:211), or tel: [7017750525](tel:7017750525)
during business hours **tel: [8008453731](tel:8008453731)**
Walk-in assessments: Mon, Tues, and Thurs 8:15a-10:30a
E-mail: dhsnehsc@nd.gov
- Grafton Outreach Location
901 West Midway Dr., Grafton, ND 58237
Call Grand Forks office tel: [7017953000](tel:7017953000)

Northern Prairie Community Clinic (chemical dependency)

501 N. Columbia Rd., Ste 1300, Grand Forks, ND 58203
tel: [7017773745](tel:7017773745); 24 hr **Crisis line tel: [7017750525](tel:7017750525)**
<https://und.edu/npcc/>

Northland Christian Counseling Center

Individual, family, marital therapy, DBT, EMDR, TF-CBT
2315 Library Cir & 1726 S Washington St, Ste 60, Grand Forks, ND
<tel://7017958550>

Northwestern Mental Health Center
1422 Central Ave, East Grand Forks, MN 56721
tel:[2187736102](tel:2187736102)
603 Bruce St, Crookston, MN 56716
tel:[2182813940](tel:2182813940)
Mental Health Crisis Line tel:[8002825005](tel:8002825005)
<https://allumacares.org/>

Northland Christian Counseling
2315 Library Circle, Grand Forks, ND 58201
tel:[7017958550](tel:7017958550) or tel:[8777956222](tel:8777956222)
<http://northlandccc.com>

Pediatric Partners

Mental health counseling for children & adolescents
2600 Demers Ave, #101, Grand Forks, ND
<tel://7017573045>

The Practice Place

Therapy for all ages, Psychological & Behavioral assessments; ADHD, Disability, Parenting, Developmental & Intellectual evals
2534 17th Ave S, Ste E, Grand Forks, ND
<tel://7018854551>

Prairie Harvest Mental Health

Mental health supported residential, 1915i Care coordination, Life skills & job development services
Primarily NDMA & Medicaid Expansion clients
930 N 3rd St, Grand Forks, ND 58201
<tel://7017959143>

Prairie St. John's (chemical dependency)
510 4th St. S., Fargo, NF 58103
tel:[7014767200](tel:7014767200)
<https://prairie-stjohns.com/>

Quinn Counseling

47 W. 6th St., Grafton, ND 58237
tel: [7017413500](tel://7017413500)

Red Door Pediatric Therapy

2810 19th Ave. S., Grand Forks, ND 58201
tel: [7012223175](tel://7012223175)
<https://reddoorpediatric.com/>

Rehabilitation Consulting and Services

North Dakota Vocational Rehabilitation
tel: [7013288950](tel://7013288950) or tel: [8007552745](tel://8007552745)
Email: dhsvr@nd.gov
www.nd.gov/dhs/dvr

Resilient U – Alissa Fugazzi

Therapy all ages, TF-CBT, DBR, Play therapy, AF-CBT, SPARCS, CPP
2600 Demers Ave, Ste 106, Grand Forks, ND
<tel://7017470770>

Rural Psychiatry Associates

4700 S Washington St, Ste G
Grand Forks, ND 58201
tel: [7012053000](tel://7012053000)
<https://ruralpsychiatryassociates.com>

Sanford Clinic

Individual therapy, Medication management ages 5 +
929 Central Ave, East Grand Forks, MN 56721
EGF: <tel://2187736800> or GF: <tel://7017578700>

Share House (chemical and alcohol dependency)

- 1122 N 43rd St, Grand Forks, ND
tel: [7013738661](tel://7013738661) or tel: [8772946561](tel://8772946561)
- 4227 9th Ave. S, Fargo, ND 58103
tel: [7012826561](tel://7012826561) or tel: [8772946561](tel://8772946561)
Outpatient: 5056 40th St. S., Suite B, Fargo, ND
After Hours tel: [7013611018](tel://7013611018)

<https://sharehouse.org/>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

Therapy & case management for their clients only

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201
Hours: MAT appointments Tuesday and Wednesday morning
tel: [7017572100](tel:7017572100)
- 607 Towner Ave, Larimore, ND 58251
Hours: Monday-Thursday
tel: [7013436418](tel:7013436418)
<https://spectrahealth.org/>

Dr. Sue Russell

Individual therapy, specializes in women's health

<tel://7017468737>

Therapy Works Midwest

Individual, couples, & family therapy, EMDR, Parenting support,
Grief, Eating disorders, Addiction recovery

4200 James Ray Dr, Grand Forks, ND 58201

<tel://7017608599>

The Village Family Service Center

Therapy for all ages, In-home family, school-based, Pregnancy &
adoption services, DBT, EMDR

4324 University Ave #8, Grand Forks, ND 58201

tel: [7017464584](tel:7017464584) or tel: [8006278220](tel:8006278220)

<https://thevillagefamily.org/content/grand-forks>

The Zone (independent mental health practices for child,
adolescent, adult and family therapy)

Therapy all ages, Play therapy

2755 10th Ave. N, Grand Forks, ND 58203

tel: [7017380888](tel:7017380888)

<http://www.thezonegf.com>

UND University Counseling Center (for students)

Mental health & substance use counseling, Case management
McCannel Hall Room 200, PO Box 9042
2891 2nd Ave. N, Grand Forks, ND 58202
tel: [7017772127](tel:7017772127)
<https://und.edu/student-life/counseling-center>

UND – Northern Prairie Community Clinic
Individual therapy, Speech & language evals & treatment
501 N Columbia Rd, Grand Forks, ND
<tel://7017773745>

Woodnote Therapy

Therapy for ages 9 +, DBT, DMDR, Spanish speaking therapist
available
1913 S Washington, Ste C, Grand Forks, ND
<tel://7017571425>
Open Monday-Friday

You Are Worth It

In-home therapy & Co-occurring disorders, Behavioral addictions,
Harm reduction, CBT
Grand Forks, ND
<tel://7012139993>

Medication Assisted Treatment

Community Health Service

1113 W 11th St, Grafton, ND

<tel://7013524048>

Community Medical Services (Methadone, Suboxone/Zubsolv, Vivitrol)

Includes counseling and peer support

- 2424 32nd Ave S, Suite 103, Grand Forks, ND 58201

tel: [7017926700](tel://7017926700)

- 901 28th St. S., Ste C, Fargo, ND 58103

tel: [7014041100](tel://7014041100) or tel: [8552036352](tel://8552036352)

<http://communitymedicalservices.org>

Ideal Option (Suboxone/Zubsolv, Vivitrol)

3301 30th Ave. S, Ste 102, Grand Forks, ND 58201

Hours: Monday-Thursday, 9am-5pm

tel: [8775221275](tel://8775221275)

<https://www.idealoption.com/clinics/grand-forks>

Infinity Health

Medication management ages 5+, MAT treatment, ADHD testing,

Telehealth available

15218 24th Ave S, Ste 203, Grand Forks, ND

<tel://7018857920>

Prairie St. John's (IP, PHP, IOP)

510 4th St S, Fargo, ND 58102

<tel://7014767216>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

Includes evaluations, counseling, group therapy

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201

Hours: MAT appointments Tuesday and Wednesday morning

tel: [7017572100](tel://7017572100)

- 607 Towner Ave, Larimore, ND 58251

Hours: Monday-Thursday

tel: [7013436418](tel://7013436418)

<https://spectrahealth.org/>

Withdrawal Management Center (Social Detox)
Grand Forks Public Health, 207 S 4th St, Grand Forks, ND
<tel://7012034742>

Support

Attention Deficit/Hyperactivity Disorder (ADHD)

- Assessment and Therapy Associates of Grand Forks, PLLC
2755 10th Ave N, Grand Forks, ND
tel: [7017806821](tel:7017806821)
<https://www.grandforkstherapy.com/assessment>
- The Practice Place
2534 17th Ave S, Ste E, Grand Forks, ND 58201
tel: [7018854551](tel:7018854551)
- Lipp, Carlson, Witcki & Associates
2808 17th Ave S, Grand Forks, ND 58201
Tel: [7017468376](tel:7017468376)
<https://www.lclwpsychologists.com/>

Autism

- Autism Center Resources
<https://ndautismcenter.org>
- Talk About Curing Autism (TACA) ND Chapter
Grand Forks Area
- Family to Family Support Network, UND School of Medicine
501 N. Columbia Rd, Grand Forks, ND 58203
tel: [7017772359](tel:7017772359)
- Ann Carsen Center
2016 S Washington St, Grand Forks, ND 58201
Tel: [7017574200](tel:7017574200)
<https://annecarlsen.org/>
- Pediatric Partners
2600 Demers Ave, #101, Grand Forks, ND 58201
Tel: [7017579045](tel:7017579045)
<https://pediatricpartnersclinic.com/locations/grand-forks-nd>

Grief

- St. Michael Pastoral Center
Beginning Experience – help to deal with grief from divorce, widowed or separated
418 N 6 St, Grand Forks, ND 581201
tel: [7013612051](tel:7013612051)
Contact Dan Pilon Email: Daniel.pilon@fargodioese.org
<https://www.beginningexperience-easternnd.org>
- The Village Family Service Center
4324 University Ave, #B, Grand Forks, ND 58201
Tel: [7017464584](tel:7017464584) or [8006278220](tel:8006278220)
<https://www.thevillagefamily.org/>

Other

Grand Forks Withdrawal Management Center (drugs and alcohol)

207 S 4th St., Grand Forks, ND 58201

tel: [7012034742](tel:7012034742)

<http://www.grandforksgov.com/government/city-departments/public-health/withdrawal-management-center>

Face it TOGETHER Department of Human Services

Behavioral Health Division

151 S. 4th St, Suite 401, Grand Forks, ND 58201

tel: [7017953069](tel:7017953069)

<https://northdakota.ltdir.com/companies/face-it-together-grand-forks/>

Freedom Church – Celebrate Recovery

308 DeMers Ave, Grand Forks, ND 58201

Hours: Tuesday 6:30pm

tel: [7017723117](tel:7017723117)

HOPE Church – Celebrate Recovery

Divorce, grief, betrayal, abuse, kids support, mental health, pregnancy, cancer support, alcohol, PTSD

1601 17th Ave. S., Grand Forks, ND 58201

tel: [7017721884](tel:7017721884)

<http://gfhope.org/supportgroups>

Libertas

- Serves a population that is at risk of returning to prison.
Mission: help those individuals identify, minimize and eliminate those risks and avoid prison.
- Stephen Parkes, Director
tel: [7015215122](tel:7015215122)
Email: stephen@libertasnd.com

Narcotics Anonymous

- Living in Recovery, University Lutheran Church
2122 University Ave, Grand Forks, ND 58201
Hours: Monday and Wednesday 8pm
tel: [7012120525](tel:7012120525)
- 401 7th St. N, Antenna Building Upstairs, Grand Forks, ND 58201
tel: [7017722952](tel:7017722952) or tel: [8668016621](tel:8668016621)
Hours: Tuesday, Thursday, Friday, and Saturday

National Alliance on Mental Illness (NAMI)

Grand Forks, ND 58201
tel: [2187799184](tel:2187799184)
Email: Naminorthdakota.org@gmail.com

Northlands Rescue Mission

420 Division Ave., Grand Forks, ND 58201
tel: [7017726600](tel:7017726600)
<https://northlandsrescuemission.org/>

ND Alternatives to Abortion Program

tel: [8556390740](tel:8556390740)
www.TheDecisionIsMine.org

ND Brain Injury Network

- Grand Forks Area
tel: [7017775200](tel:7017775200) or tel: [8558661884](tel:8558661884)
<https://www.ndbin.org/> or info@ndbin.org
- Altru Health System Brain Injury Support Group,

Specialty Center, 4500 S. Washing St, Ste B, Grand Forks, ND 58201
tel: [7017327400](tel:7017327400)

- Prairie Harvest Mental Health
930 N. 3rd St., Grand Forks, ND 58201
Hours: Monday-Friday 8:00am-5:00pm
tel: [7017959143](tel:7017959143)
www.prairieharvest.net

Additional Resources

Substance Abuse and Mental Health Services Administration

- Behavioral Health Treatment Services Locator:
<https://www.samhsa.gov/find-treatment>
- Buprenorphine Practitioner Locator:
<https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator>
- Early Serious Mental Illness Treatment Locator
<https://www.samhsa.gov/esmi-treatment-locator>

SAMHSA's National Helpline:

tel:[8006624357](tel:8006624357) or TTY: 1-800-487-4889

<https://www.samhsa.gov/find-help/national-helpline>

Also known as the Treatment Referral Routing Service is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

- Disaster Distress Helpline
tel:[8009855990](tel:8009855990)
Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call to be connected to the nearest crisis center for information, support, and counseling.
- Veteran's Crisis Line
tel:[988](tel:988) then Press 1
<https://www.veteranscrisisline.net/>
Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

- Drug-Free Workplace
tel:[8009675752](tel:8009675752)
<https://www.samhsa.gov/workplace/resources/drug-free-helpline>
Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

Devils Lake, Lake Region Human Service Center
200 Hwy 2 SW, PO Box 650, Devils Lake, ND 58301
tel:[7016652200](tel:7016652200) or tel:[8886078610](tel:8886078610)
<https://www.nd.gov/DHS/locations/regionalhsc/lakeregion/index.html>

Grand Forks, Northeast Human Service Center

- 151 S 4th St, Ste 201, Grand Forks, ND 58201-5196
tel:[7017878500](tel:7017878500)
- Grafton Outreach Office tel:[7013524334](tel:7013524334) or tel:[8884252215](tel:8884252215)

ADAPT, Inc (by appointment)
1201 Dyke Ave, Grand Forks, ND 58201
tel:[7017721011](tel:7017721011) or tel:[7014710286](tel:7014710286)
<https://adaptincnd.com/>

North Dakota Department of Human Services
Behavioral Health Division
600 E Boulevard Ave, Dept 325
Bismarck, ND 58505
tel:[7013288920](tel:7013288920) or tel:[8007552719](tel:8007552719)
<https://www.nd.gov/dhs/>

Children and Young Adult Support Services

Car Seat Distribution Program

Car seat education and car seat available based on eligibility. Call for more information.

Pembina County Public Health

301 Dakota St W, #2, Cavalier, ND 58220

tel: [7012654248](tel:7012654248)

Community Health Service, Inc

1113 W 11th St, Grafton, ND 58237

tel: [7013524048](tel:7013524048) or tel: [8773524048](tel:8773524048)

<https://chsiclinics.org> or <https://www.facebook.com/CHSIClinics>

<https://chsiclinics.org/locations/grafon-nd>

Cribs for Kids

Safe sleep education and cribs available based on eligibility. Call for more information.

Pembina County Public Health

301 Dakota St W, #2, Cavalier, ND 58220

tel: [7012654248](tel:7012654248)

Dakota Boys and Girls Ranch

Locations Minot, Bismarck and Fargo

tel: [8005933098](tel:8005933098)

Email: info@DakotaRanch.org or admissions@DakotaRanch.org

www.dakotaranch.org

Wellness Visits

A free, preventative health program for newborns and children up to age 21 who are enrolled in North Dakota Medicaid.

Pembina County Public Health

301 Dakota St W, #2, Cavalier, ND 58220

tel: [7012654248](tel:7012654248)

Life.ND.gov Pregnancy and Parenting

Provides an online resource for information on social services, financial assistance, parenting information, maternal and childbirth life services, planning guidance, care centers and agencies, and other available public and private resources for expectant families and new parents.

March of Dimes

Supporting mothers through their pregnancy

tel: [8886634637](tel:8886634637)

www.marchofdimes.org

Northwood Deaconess Health Center Rehab

Occupational Therapy for sensory processing/integration

4 North Park St, Northwood, ND 58267

tel: [7015876469](tel:7015876469) (OT)

Pediatric Partners

Early intervention, mental health, autism, therapy

2600 Demers Ave #101, Grand Forks, ND 58201

tel: [7017573045](tel:7017573045)

<https://www.pediatricpartnersclinic.com>

Pregnancy Help Center

103 B Kensington Ave., Park River, ND 58270

24 hour help line tel: [7012846601](tel:7012846601)

<https://www.parkriverphc.com>

Quentin N. Burdick Job Corps Center

No-cost education and career technical training center for 16-24 year old young adults. Must meet eligibility requirements.

1500 University Ave W., Minot, ND 58703

tel: [8007335627](tel:8007335627)

<https://quentinnburdick.jobcorps.gov/>

Right Track

Child development screening, information on sleep, nutrition,
toileting, managing behaviors, growth and development
Region IV, Grand Forks
tel:[7017953000](tel:7017953000) or tel:[8882566742](tel:8882566742)

Ronald McDonald House Charities of the Red River Valley
4757 Agassiz Crossing S, Fargo, ND 58104
tel:[7012323980](tel:7012323980)
<http://www.rmhc Fargo.org>

Ruth Meiers Adolescent Psychiatric Residential Treatment Facility
770 S 14th St., Grand Forks, ND 58201
tel:[7017953870](tel:7017953870) or tel:[8888235931](tel:8888235931)
<https://www.nd.gov/dhs/locations/regionalhsc/northeast/ruth-meiers.html>
Email: ruthmeiers@nd.gov

Stable Days Youth Ranch
17721 429th Ave. SW, East Grand Forks, MN 56721
tel:[7013309952](tel:7013309952)
Email: info@stabledays.org
www.stabledays.org

Saint Gianna & Pietro Molla Maternity Home
15605 Cty Rd. 15, Minto, ND 58261
tel:[7012483077](tel:7012483077) or tel:[8777013077](tel:8777013077)
Email: saintgiannahome@hotmail.com
<https://sgpmollahome.com/>

St. Jude
262 Danny Thomas Place, Memphis, TN 38105-3678
tel:[8882264343](tel:8882264343)
Email: referralinfo@stjude.org
<https://www.stjude.org>

Shriners (pediatric care)

- 310 N 9th St, Bismarck, ND 58501
tel:[6125966106](tel:6125966106)
- 2025 East River Pkwy, Minneapolis, MN 55414
tel:[6125966100](tel:6125966100)

Sunshine Hospitality Home

A place for patients and their families, affected by critical illnesses, diseases and injuries, who must travel to fulfill their healthcare needs.

4200 James Ray Dr., Grand Forks, ND 58203

tel: [7017382462](tel:7017382462)

<https://sunshinememorial.org>

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 301, Grand Forks, ND 58201

Hours: MAT appointments Tuesday and Wednesday morning

tel: [7017572100](tel:7017572100)

- 607 Towner Ave, Larimore, ND 58251

Hours: Monday-Thursday

tel: [7013436418](tel:7013436418)

<https://spectrahealth.org/>

Vaccines For Children

Children birth through 18 years are eligible with or without health insurance.

- Pembina County Public Health
301 Dakota St W, #2, Cavalier, ND 58220

tel: [7012654248](tel:7012654248)

- CliniCare

- 301 Mountain St E, Cavalier, ND 58220

tel: [7012656307](tel:7012656307) for appointment

Women Infant and Children (WIC)

Provides food, nutrition, and health information; referrals to services for pregnant and breastfeeding women, new mothers, infants and children to age 5. Also serves fathers, grandparents, foster parents, or other legal guardians of a child younger than age 5.

tel: [7012654764](tel:7012654764)

Youth/Young Adult Homeless System for 24 years or younger,

UND TRIO Programs Region 4: Grand Forks, Walsh, Nelson and Pembina Counties

Unaccompanied by parents/guardians and experiencing, or at risk of, homelessness or fleeing, or trying to flee, domestic violence situations or other life-threatening conditions.

Case Management Services for eligible youth and young adults. Navigating housing. Referrals to additional resources (re)connecting to school and/or work. Connecting to mental health/ healthcare resources. Vouchers: housing, transportation, food Applying for ND state benefits. Unmet needs in order to succeed.

tel: [7013178589](tel:7013178589)

Email: wendy.dahlberg@und.edu

Community Services, Quality of Life, Enrichment

Choice Magazine Listening

A free audio magazine for adults with impaired vision or other disabilities.

85 Channel Dr., Port Washington, NY 11050

tel: [8887246423](tel:8887246423)

www.choicemagazinelistening.org

Faith In Action

206 Division Ave., Suite B / PO Box 458, Cavalier, ND 58220

Contact: Michelle Murray

tel: [7012656230](tel:7012656230)

Love One Another Now (LOAN)

School aged children's clothing and school supplies

Available by appointment, one family at a time, confidential

tel: [7012652423](tel:7012652423) Lorna

ND Aging and Disability Resource Link

Helps individuals to live as independently as possible and maintain a quality of life

Aging Services Division

N.D. Department of Human Services

1237 W. Divide Ave., Suite 6, Bismarck ND 58501

tel: [8554625465](tel:8554625465)

E-mail: carechoice@nd.gov

<https://carechoice.nd.assistguide.net/>

North Dakota State Library

Mails materials at no charge to citizens, access to online library resources, talking books, and more.

604 E Boulevard Ave., Bismarck, ND 58505

tel: [7013284622](tel:7013284622) or tel: [8004722104](tel:8004722104) In ND only

Email: statelib@nd.gov

<http://www.library.nd.gov/>

ND Special Needs Registry

Register if additional help (i.e. blind or oxygen dependent) is needed from emergency responders

PO Box 447, Fargo, ND 58107-0447

tel: [7012357335](tel:7012357335)

<https://www.nd.gov/ndsnr/>

ND Department of Transportation Driver's License Division

Bismarck, ND

tel: [7013282604](tel:7013282604) or local law enforcement department

<https://www.dot.nd.gov/divisions/driverslicense/driver.htm>

Options Resources Center for Independent Living (Satellite)

318 3rd St. NW, East Grand Forks, MN 56721

tel: [8007263692](tel:8007263692)

www.myoptions.info

Pembina County Senior Citizens Center Sites

Drayton

tel: [7014546586](tel:7014546586)

St. Thomas

tel: [7012576498](tel:7012576498)

Walhalla

tel: [7015493655](tel:7015493655)

Cavalier:

Cavalier Cinema

104 Main St. West, Cavalier, ND 58220

tel: [7012658955](tel:7012658955)

Cavalier Country Club

PO Box 604, Cavalier, ND 58220

tel: [7012654506](tel:7012654506)

Cavalier Public Library

200 Bjornson Dr., Cavalier, ND 58220

tel: [7012654746](tel:7012654746)

Email: cavlibry@polarcomm.com

<https://cavalierndlibrary.com>

Hours: Monday 12:30-8:00pm, Tuesday-Friday 12:30-6:00pm,
Saturday afternoons, Labor Day- Memorial Day. Offer free

WIFI and 6 computers for patron use, free e-books and audiobooks through Overdrive, and technology help with devices.

Cavalier Swimming Pool
501 West 2nd Ave. North, Cavalier, ND 58220
tel:[7012658181](tel:7012658181)

Pembina County Historical Museum
13572 Hwy 5, Cavalier, ND 58220
tel:[7012654941](tel:7012654941)

Drayton:

Drayton Community Swimming Pool
304 N 3rd St., Drayton, ND 58225
tel:[7014546231](tel:7014546231)

Drayton Golf Club
tel:[7014546547](tel:7014546547)

Neché:

Neché Swimming Pool
107th St. NE, Neche, ND 58265
tel:[7018867455](tel:7018867455)

Pembina:

La Moure Memorial Golf Course
476 2nd St. East, Pembina, ND 58271
Hours: 9:00am to 9:00pm
tel:[7018256619](tel:7018256619)

Pembina Public Library - Located at the North Border School
155 South 3rd St., Pembina, ND 58271
Hours: Open in the evening (call for times)
tel:[7018256217](tel:7018256217)

Pembina State Museum
805 Highway 5, Pembina, ND 58271
tel:[7018256840](tel:7018256840)
<http://history.nd.gov/historicsites/pembina>

Walhalla:

Frost Fire Theater and Ski Resort
11950 County Rd. 55, Walhalla, ND 58282
tel:[7015493600](tel:7015493600)
<https://frostfirepark.org>

Walhalla Country Club
12114 County Rd. 55, Walhalla, ND 58282
tel:[7015492357](tel:7015492357)

Walhalla Public Library
1010 Central Ave., Walhalla, ND 58282
tel:[7015493794](tel:7015493794)

Ear and Eye Health-Access the services listed below to assist people with hearing loss and visual impairments.

Hearing:

Beltone Hearing Aid Center
Pembina County Memorial Hospital, Cavalier, ND 58220
tel:[8667388028](tel:8667388028) to set up an appointment

Fire Audiology & Hearing Center
121 N Washington St, Grand Forks, ND 58203
tel:[7017875862](tel:7017875862) to set up an appointment
<https://hearingnd.com>

Vision:

Dr. Tom Dunham, OD
106 S Main St, Drayton, ND 58225 (Xperience Health & Fitness bldg.)
tel:[7014543340](tel:7014543340) Open Wednesdays

North Dakota Talking Book Library
tel:[7013281408](tel:7013281408) or tel:[8008439948](tel:8008439948)
Email: tbooks@nd.gov
<http://library.nd.gov/talkingbooks.html>

North Dakota Telecom Equipment Distribution Project
tel:[8008954728](tel:8008954728)
<https://ndassistive.org>

North Dakota Vision Services

500 Stanford Rd., Grand Forks, ND 58203

tel: [7017952700](tel:7017952700) or tel: [8004211181](tel:8004211181)

<https://www.ndvisionservices.com/>

North Dakota Vocational Rehabilitation – Vision Rehab/Vision Loss Support Group

- 1655 43rd St S, Ste 208, Fargo, ND 58103

tel: [7012984459](tel:7012984459)

- 1000 E Divide Ave, Bismarck, ND 58501

tel: [7013288950](tel:7013288950) or tel: [8007552745](tel:8007552745)

Email: dhsvr@nd.gov <https://www.hhs.nd.gov/vr/vision-services>

Fitness-

In Shape

103 Main St. East, Cavalier, ND 58220

tel: [7013312268](tel:7013312268)

McCurdy Health and Wellness

500 division Ave S, Cavalier, ND 58220

tel: [7015204675](tel:7015204675)

www.mccurdyhealthandwellness.com

NXOQs Fitness

405 5th St N, Walhalla, ND 58282

tel: [7015493200](tel:7015493200) or tel: [2187914188](tel:2187914188)

Xperience Health and Fitness

- 911 N Main St., Drayton, ND 58225

tel: [7014543489](tel:7014543489)

- 333 W Stutsman St., Pembina, ND 58271

tel: [7018256649](tel:7018256649)

Bone Builders for 60 and older

Monday & Thursday 1-1:45pm @ Evangelical Free Church, Cavalier

Contact Pembina County Memorial Hospital tel: [7012658461](tel:7012658461)

Food, Meal Programs and Groceries-Nutritional support is provided by the services below to assist qualified applicants with food items and meals.

Pembina County Emergency Food Pantry

106 Main St, Cavalier, ND 58220
Hours: Tuesdays from 3:00-4:30pm

Pembina County Meals & Transportation

- For individuals age 60 and older. Call to register tel:[7014546586](tel:7014546586)
- Congregate meal sites and hot delivered meals located in:
 - Cavalier – Thompsons Cafe,
 - Drayton – Senior Center
 - Walhalla – Waters Family Restaurant
- Frozen meals available county wide
- Guidelines to qualify for home delivered and frozen meals
- Suggested donation for meals: \$4.00
- tel:[7014546586](tel:7014546586)
<https://www.facebook.com/pembinacountymealstransportation1/>

Red River Valley Community Action

Commodity Supplemental Food Program
1013 N. 5th St., Ste 2, Grand Forks, ND 58203
tel:[7017465431](tel:7017465431)
www.rrvca.com

Grocery Stores – Delivery service fee may apply

- Leever's Foods – Cavalier
tel:[7012654011](tel:7012654011)
Delivery: Tuesday & Wednesday 10:00am-3:00pm
- D&K Grocery - Pembina
tel:[7018256621](tel:7018256621)
Delivery: Call for assistance
- CB Grocery – Walhalla
tel:[7015492715](tel:7015492715)
Delivery: Tuesday, Wednesday, Thursday
- 1878 Grocery Company- Drayton
tel: [7014543031](tel:7014543031)

Grief and Bereavement-Resources below assist individuals to overcome the effects of loss.

AARP of North Dakota

AARP North Dakota State Office

107 W. Main Ave., Suite 125, Bismarck, ND 58501

tel:[8665545383](tel:8665545383)

Email: aarpnd@aarp.org

www.aarp.org

Altru Behavioral Health Clinic

860 South Columbia Rd., Grand Forks, ND 58201

tel:[7017806697](tel:7017806697)

www.altru.org/services/psychiatry-center

Askew Funeral Home

- 209 Elizabeth St. West, Cavalier, ND 58220

tel:[7012654321](tel:7012654321)

<http://www.askewfuneralhome.com/>

- 709 Central Ave., Walhalla, ND 58282

tel:[7015492394](tel:7015492394)

Austin Funeral Home

403 West Divide Ave., Drayton, ND 58225

tel:[7014543333](tel:7014543333)

www.austinfuneralchapel.com

Hospice of the Red River Valley – Journeys

tel:[8002374629](tel:8002374629)

<https://www.hrrv.org/patients-caregivers/grief-support>

Survivors of Suicide Support Group (TEARS)
1665 Nordonna Circle, Grand Forks, ND 58201
tel: [7017801828](tel:7017801828)
Email: TEARSGFND@gmail.com
www.TEARSGFND.org
501c3: # 93-3697503

Health Care/Health Maintenance Services-

Health maintenance services have intermittent availability and are subject to change

- Blood sugar assessment
- Blood pressure assessment
- Distance vision assessment
- Ear assessment
- Foot care hygiene
- Hearing assessment
- Hemoglobin assessment
- Maintenance range of motion exercise
- Wellness check

Altru Clinic

1003 North Main Street, Drayton, ND 58225
Hours: 8:00 am to 4:30 pm Monday, Tuesday, Thursday
tel: [7014543311](tel:7014543311)
www.altru.org

Altru Specialty Services

301 Mountain St., Suite A, Cavalier, ND 58220
Hours: 8:00 am to 5:00 pm Monday-Friday
tel: [7017806000](tel:7017806000) (ask for specialist's schedule)

CliniCare Clinic

301 Mountain St., East, Cavalier, ND 58220
Hours: 8:00am-5:00pm Monday-Friday;
9:00am-3:00pm Saturday
tel: [7012656307](tel:7012656307)

Community Health Service, Inc

1113 W 11th St, Grafton, ND 58237

tel: [7013524048](tel:7013524048)

<http://chsidclinics.org> or <https://www.facebook.com/CHSIclinics>

Pembina County Health Maintenance Program

For individuals age 60 and older

Foot care (soaking and trimming toenails)

Home visit for foot care

Blood Pressure/pulse/rapid inspection

- Main Office at Cavalier Transit Center
- Clinics held in Drayton, Pembina, St. Thomas, and Walhalla
- For information call tel: [7014546586](tel:7014546586)

Pembina County Memorial Hospital

Emergency Care Available 24 Hours/day

301 Mountain St. East, Suite A, Cavalier, ND 58220

tel: [7012658461](tel:7012658461) or tel: [8007018461](tel:8007018461)

www.cavalierhospital.com

Pembina County Public Health

301 Dakota St. West, #2, Cavalier, ND 58220

tel: [7012654248](tel:7012654248)

www.pembinacountynd.gov/county/departments/public-health

Thrifty White Pharmacy

102 Division Ave. South, Cavalier, ND 58220

Hours: 9:00am to 5:00pm Monday-Friday

tel: [7012654744](tel:7012654744)

www.thriftywhite.com

Langdon Prairie Health (Walhalla)

301 5th Street, Walhalla, ND 58282

Hours: 8:00am to 5:00pm Monday-Friday

Please call for appointment availability

tel: [7015492711](tel:7015492711)

NuCara Pharmacy

1102 Central Ave., Walhalla, ND 58282

Hours: 9:00am-5:30PM Monday-Friday

tel:[7015492661](tel:7015492661) or tel:[8005492662](tel:8005492662)

Spectra Health (Suboxone/Zubsolv, Vivitrol)

- 212 S. 4TH St., Ste 101 & 301, Grand Forks, ND 58201

Hours: Monday-Friday

tel:[7017572100](tel:7017572100)

- 607 Towner Ave, Larimore, ND 58251

Hours: Monday-Thursday

tel:[7013436418](tel:7013436418)

Email: info@spectrahealth.org

<https://spectrahealth.org/>

Veterans Administration Health Care System

- CBOC: 1319 West 11th St., Grafton, ND 58237

Hours: 8:00am to 4:30pm Monday-Friday,

Excluding Federal Holidays

tel:[7013524059](tel:7013524059)

<https://www.va.gov/fargo-health-care>

- HOSPITAL/CLINIC: 2101 Elm St N, Fargo, ND 58102

tel:[7012393700](tel:7012393700)

Women's Way- A Breast & Cervical Cancer Early Detection Program

ND Department of Health & Human Services

- Assistance to clients with low incomes who do not have adequate insurance to gain access to timely breast and cervical cancer screening, diagnostic, and treatment services.
- 600 E. Boulevard Avenue; Dept. 325 – Bismarck, ND 58505-0250
Tel: 800-280-5512

Home Health Services-Services may include short-term, skilled nursing visit, medication set up, wound care, evaluation and monitoring, personal hygiene, or nail care as ordered by a physician.

Altru Home Health – Provides interdisciplinary comprehensive health care in the comfort of your own home environment which is overseen by your primary physician and several care providers. Provides 24 hour access to medical services as determined by primary care provider and eligibility. Services may be provided by Altru agency registered nurses, social worker, home care aide, physical therapist, occupational & speech therapist.

Altru Hospice- Is a special kind of care for patient and families facing a life-limiting illness. It provides comfort care also known as palliative care rather than treatment care. This type of service may take place in an individual's home, a nursing home or a hospital setting, while emphasizing the highest quality of life. Supplies are provided as needed. Support is offered to family and caregivers, through counseling, training and education. Providing interdisciplinary care that is overseen by a medical director and several care providers.

Altru Home Health and Hospice - Servicing Pembina County
1300 S. Columbia Rd, Grand Forks, ND 58201
tel: [7017805880](tel:7017805880) or tel: [8005455615](tel:8005455615) ext 5880
<https://www.altru.org/services/hospice>

- Altru Health System Palliative Care
1200 S Columbia Rd., Grand Forks, ND 58206-6011
tel: [7017805400](tel:7017805400)
<https://www.altru.org/services/palliative-care>

Northern Valley Human Service Zone (Cavalier, Pembina, & Walsh counties)

Non-skilled home care for individuals who may have a personal care or homemaking need due to a chronic health condition.
300 Boundary Rd. West, Cavalier, ND 58220
tel: [7012658441](tel:7012658441)

Health Insurance Counseling

Altru Healthcare Eligibility Resource Option (HERO)
tel: [7017805050](tel:7017805050)

Spectra Health
212 S 4th St., Grand Forks, ND 58201
tel:[7017572100](tel:7017572100)
<https://spectrahealth.org/>

International Travel – Vaccination requirements for international travel (Infectious Diseases Clinic). Call for vaccine availability.

- Altru Clinic, Grand Forks, ND
Hours: 8am-5pm, Monday-Friday
tel:[7017806400](tel:7017806400) or tel:[8007324277](tel:8007324277)
- Centers for Disease Control (CDC)
<https://wwwnc.cdc.gov/travel/>

Housing, Finance, and Weatherization-The resources below will assist individuals with maintaining their homes.

Community Options

Low Income Home Energy Assistance Program (LIHEAP)
2300 Library Circle, Grand Forks, ND 58201
tel:[7017721715](tel:7017721715)
<https://www.hhs.nd.gov/applyforhelp/liheap>

Homestead Tax Credit

Contact: Pembina County Tax Director
301 Dakota St. West, Cavalier, ND 58220
tel:[7012655152](tel:7012655152)
www.pembinacountynd.gov/county/departments/tax-equalization/

NoDak Electric Operation Round Up

4000 32nd Ave. South / PO Box 13000
Grand Forks, ND 58208-3000
Hours: 7:30 am to 4:30 pm Monday-Friday
tel:[7017464461](tel:7017464461) or tel:[8007324373](tel:8007324373)
www.nodakelectric.com/operation-roundup

North Dakota Assistive

Adaptive equipment and technology supplies
3240 15th St. South, Suite B, Fargo, ND 58104
tel: [7013654728](tel:7013654728) or tel: [8008954728](tel:8008954728)
www.ndassistive.org

North Dakota Association for Disabled (NDAD)

2660 S. Columbia Rd., Grand Forks, ND 58201
tel: [7017755577](tel:7017755577) or tel: [8005326323](tel:8005326323)
Email: grandforks@ndad.org
<http://www.ndad.org>

North Dakota Housing Finance Agency

2624 Vermont Ave. / PO Box 1535, Bismarck, ND 58502
tel: [7013288080](tel:7013288080) or tel: [8002928621](tel:8002928621)
www.ndhfa.org

Red River Regional Council

516 Cooper Ave., Suite 101, Grafton, ND 58237
tel: [7013523550](tel:7013523550)
www.redriverrc.com

Red River Valley Community Action (RRVCA)

4212 Gateway Dr, Grand Forks, ND 58203
Hours: 8:00 am to 5:00 pm Monday-Friday
tel: [7017465431](tel:7017465431) or tel: [80045021823](tel:80045021823)
www.rrvca.com

Renter's Refund

Available to individuals who are 65 years of age or older,
or individuals who are permanently and totally disabled.
600 East Boulevard Ave., Bismarck, ND 58505-0599
tel: [7013287088](tel:7013287088)
<https://www.nd.gov/tax/user/individuals/exemptionsrefundscredits---individuals/renters-refund>

Salvation Army

1600 University Ave., Grand Forks, ND 58203
tel: [7017752597](tel:7017752597)
<https://salvationarmynorth.org>

Social Services Administration

tel:[8007721213](tel:8007721213)

<https://www.ssa.gov>

USDA Rural Development

Federal Building Room 208

PO Box 1737/220 East Rosser, Bismarck, ND 58502

tel:[7015302037](tel:7015302037)

www.rd.usda.gov/nd

Legal References

Advanced Directive-Interested persons can contact for assistance with developing end of life care preferences.

Pembina County Memorial Hospital

301 Mountain St. East, PO Box 380, Cavalier, ND 58220

Phone: (701) 265-8461

<http://www.cavalierhospital.com/>

Living Will, Trusts, Elder Law, and Estate Planning-

Stuart Askew

Box 386, Cavalier, ND 58220

tel:7012652531

Steve Ekman

112 N. Main St., Drayton, ND 58225

tel:[7014543515](tel:7014543515)

Fleming, Dubois & Fleming

Larry Dubois & Robert Fleming

208 West 2nd Ave. S., Cavalier, ND 58220

tel:[7012658446](tel:7012658446) or tel:[8667482215](tel:8667482215)

<https://www.fdfllaw.com>

Medication Assistance-Help with medication set up, cost, and organization.

Altru Health System

tel:[7017806116](tel:7017806116)

Clinicare Clinic

301 Mountain St. East, Cavalier, ND 58220

tel:[7012656307](tel:7012656307)

www.cavalierhospital.com

Medicare

tel:[8006334227](tel:8006334227)

<https://www.medicare.gov>

Pembina County Public Health

301 Dakota St. West, #2, Cavalier, ND 58220

Hours: 8:00am to 4:30pm Monday-Friday

tel:[7012654248](tel:7012654248)

www.pembinacountynd.gov/county/departments/public-health/

Thrifty White Pharmacy

102 Division Ave. S, Cavalier, ND 58220

Hours: 9:00am to 5:00pm Monday-Friday

tel:[7012654744](tel:7012654744)

www.thriftywhite.com

NuCara Pharmacy

1102 Central Ave., Walhalla, ND 58282

Hours: 9:00am-5:30pm Monday-Friday

tel:[7015492661](tel:7015492661) or tel:[8005492662](tel:8005492662)

Oral Health-

Cavalier Dental Clinic

Dr. Joseph Allred, DDS

202 East 3rd Ave. South, Cavalier, ND 58220

Hours: 8:00 am to 5:00 pm Monday-Thursday

tel:[7012658777](tel:7012658777)

<https://www.facebook.com/cavalierdental>

New American/Refugee Services

Global Friends Coalition

600 Demers Ave., Suite 406A, Grand Forks, ND 58201

tel:[7017468233](tel:7017468233)

Hours: 9am-4pm, Monday-Friday

<http://www.gfcoalition.org>

Relocation or Storage Services-Resources below assist with the cost of moving and/or provide storage options.

Cavalier Chamber of Commerce

301 Division Ave. North, Cavalier, ND 58220

tel:[7012658188](tel:7012658188)

www.cavaliernd.com

Cavalier Supply (U-Haul)

601 Main St. West, Cavalier, ND 58220

tel:[7012654633](tel:7012654633)

C&K Store-All

Drayton, ND 58225

tel:[7014546233](tel:7014546233) or tel:[7017415787](tel:7017415787)

C&S Storage

605 Central Ave, Walhalla, ND 58282

tel:[7013050069](tel:7013050069)

Drayton Chamber of Commerce

104 S Main St., Drayton, ND 58225

tel:[7014543474](tel:7014543474)

<http://draytonnd.com/our-city/organizations/drayton-community-chamber-of-commerce/>

Kihne Storage

Highway 18, Cavalier, ND 58220

tel:[7012652040](tel:7012652040)

North Dakota Association for Disabled (NDAD)

2660 South Columbia Rd., Grand Forks, ND 58201

tel:[7017755577](tel:7017755577)

<http://www.ndad.org>

Pembina Valley Rental Storage Units

Contact: Paul Soeby at Soeby Ford

12th Street and Central / PO Box 7, Walhalla, ND 58282

tel:[7015493711](tel:7015493711)

Storage Pros

9101 Highway 18, Cavalier, ND 58220

tel:[7013601411](tel:7013601411) or tel:[7012654446](tel:7012654446)

Walhalla Chamber of Commerce

1105 Central Ave., Walhalla, ND 58282

tel:[7015492707](tel:7015492707)

www.walhalland.org

Residential Living for Seniors - Call each site for specific qualification details.

Borg Pioneer Memorial Home

61 Borg Drive, Mountain, ND 58262

tel: [7019938345](tel:7019938345)

<http://www.borghome.net>

Country Estates Senior Living

107 Bjornson Dr., Cavalier, ND 58220

tel: [7012656228](tel:7012656228)

<http://www.cavalierhospital.com/what-we-do/county-estates.html>

Lewis and Clark Property Management

200 1st Ave NW Suite 100, Mandan, ND 58554

info@lcdgroup.org

61 Borg Drive, Mountain, ND 58262

tel: [7019938424](tel:7019938424)

North Border Estates Senior Apartments

500 4th St., Apt #17, Walhalla, ND 58282-4658

tel: [7015493831](tel:7015493831) or tel: [8884562736](tel:8884562736)

<https://www.agingcare.com/local/north-border-estates-walhalla-assisted-living-nd>

Pembina County Housing Authority

Rent assistance based on income and household size.

118 Main St. W, PO Box 203, Cavalier, ND 58220

tel: [7019221825](tel:7019221825)

Email: vicki@casscountyhousing.org

Pembilier Nursing Center

500 Delano Ave., Walhalla, ND 58282

tel: [7015493831](tel:7015493831)

<http://pembiliernursingcenter.com>

Tisdale Manor Senior Apartments

509 Almeron Ave., Drayton, ND 58225

Tel: [7013600108](tel:7013600108)

Wedgewood Manor

804 Main Street West, Cavalier, ND 58220

tel: [7012658453](tel:7012658453)

<http://www.cavalierhospital.com/what-we-do/wedgewood-manor.html>

Respite Care-A temporary break from providing care to a loved one. It can be planned or emergency temporary care provided for caregivers of an adult with special and/or medical needs.

- Borg Pioneer Memorial Home tel: [7019938345](tel:7019938345)
- Wedgewood Manor tel: [7012658453](tel:7012658453)
- Options Resource Center for Independent Living tel: [80072663692](tel:80072663692)
- Northeast Human Services Center-Grand Forks tel: [7017953000](tel:7017953000)
- Pembina County Social Services tel: [7012658441](tel:7012658441)

Safety Equipment and Supplies-The resources below provide adaptive medical equipment available to live safely at home.

Yorhom Medical Essentials

1200 South Columbia Rd., Grand Forks, ND 58201

tel: [7017805822](tel:7017805822)

American Legion Laverne J. Thompson Post 11

Highway 5 West / PO Box 94, Cavalier, ND 58220

tel: [7012652657](tel:7012652657) Bill Lage

Healthcare Equipment Recycling Organization (HERO)

5012 53rd St. South, Fargo, ND 58220

Hours: Monday-Friday 9:00am-5:00pm

tel: [7012121921](tel:7012121921)

Email: info@herofargo.org

<https://www.herofargo.org>

North Dakota Assistive

Medication management supplies such as medication dispensers, organizers, and reminders for qualifying individuals.

3240 15th St. South, Suite B, Fargo, ND 58104

tel:[7013603028](tel:7013603028) or tel:[8008954728](tel:8008954728)
www.ndassistive.org

Options Resource Center for Independent Living (Satellite)
318 3rd St. NW, East Grand Forks, MN 56721
tel:[8007263692](tel:8007263692)
www.myoptions.info

Thrifty White Pharmacy
102 Division Ave. South, Cavalier, ND 58220
Hours: 9:00 am to 5:00 pm Monday-Friday
tel:[7012654744](tel:7012654744)
www.thriftywhite.com

NuCara Prescription Shop
1102 Central Ave., Walhalla ND 58282
Hours: 9:00am-5:30pm Monday-Friday
tel:[7015492661](tel:7015492661) or tel:[8005492662](tel:8005492662)

Used Needles/Sharps Containers and Collection

- Sharps containers are available from your local pharmacy. Containers hold 70-100 needles or 300 pen needles. When the container is full, call the phone number on the container to obtain a box to mail the needles for proper disposal.
- The Clinicare receptionist in Cavalier, ND or nurse provides sharps containers and can exchange it for a new one when full.

Emergency Alert Pendants -

Alert One Services, Inc.
tel:[8559761588](tel:8559761588)
<https://www.alert-1.com>

Good Samaritan Center Park River, ND (minimal fee)
301 County Rd 12 B, Park River, ND 58270
tel:[7012847115](tel:7012847115) or <tel:7019998316> for information
<https://www.good-sam.com/locations/park-river>

Comfort Keepers

2100 S. Columbia Rd., #116, Grand Forks, ND 58201
tel: [7015812732](tel:7015812732)
www.comfortkeepers.com

Lifecall from Northern Safety & Security

4111 Technology Dr. NW, Ste #203, Bemidji, MN 56601
tel: [8777513902](tel:8777513902)
<https://www.alarm.com/US/northss?home=1> or
<http://www.northss.com>

Lifeline (Philips) Medical Alert Service

tel: [8556815351](tel:8556815351)
<https://www.lifeline.philips.com>

North Dakota Assistive (no monthly fee)

3240 15th St. S, Suite B, Fargo, ND 58104
tel: [7013654728](tel:7013654728) or tel: [8008954728](tel:8008954728)
www.ndassistive.org

Pembina County Alerts

Sign up for hazard specific warnings and information
<https://member.everbridge.net/index/1772417038942585#/login>

Yorhom Medical Essentials - *Through Altru Health System*

4350 S. Washington St., Grand Forks, ND 58201
tel: [7017802500](tel:7017802500)
<https://www.yorhom.org>

Specialty Care-Specialty providers that perform outreach visits at Altru Specialty Clinic in Cavalier. Specialties include obstetrics; orthopedics; oncology; neurology; cardiology; audiology; ear, nose and throat; and podiatry. Call for specific dates and times.

Altru's Specialty Care

301 Mountain St., Suite A, Cavalier, ND 58220
tel: [7017806000](tel:7017806000) (ask for outreach specialist's schedule)
www.altru.org

Support Services-Organizations that provide counseling or support on various issues.

AARP North Dakota

tel:[8665545383](tel:8665545383)

Email: aarpnd@aarp.org

<https://www.aarp.org>

Alzheimer Association

24 hour help line and respite care

tel:[8002723900](tel:8002723900)

www.alz.org

Alzheimer's Association MN-ND

- Alzheimer's Association MN/ND

tel:[8002723900](tel:8002723900) (24 Hour Help Line)

- Regional Care Consultant Regions 3 & 4

311 South 4th St., Ste 202, Grand Forks, ND 58201

tel:[7017758544](tel:7017758544) or tel:[8002723900](tel:8002723900)

www.alz.org/mnnd or mkgulsvig@alz.org

Alzheimer's Support Group

tel:[7012035242](tel:7012035242)

American Cancer Society - Fargo Office

tel:[7014337580](tel:7014337580) or tel:[8002272345](tel:8002272345)

<https://www.cancer.org/about-us/local/north-dakota.html>

American Heart Association - Jamestown Office

1002 12th Ave SE, Jamestown, ND 58401

tel:[7016583050](tel:7016583050)

<https://www.heart.org/>

ALS Association

tel:[8886720484](tel:8886720484)

http://webmn.alsa.org/site/PageServer?pagename=MN_homepage

<https://www.als.org/mn-nd-sd>

American Diabetes Association North Dakota - Fargo Office

4302 13th Ave S. #4-109, Fargo, ND 58103

tel:[8003422383](tel:8003422383) or tel:[7012340123](tel:7012340123)

<http://www.diabetes.org>

Attention Deficit/Hyperactivity Disorder (ADHD)

Family Institute, PC

2100 S. Columbia Rd, Grand Forks, ND

tel: [7017721588](tel:7017721588)

www.familyinstitutepec.com

Domestic Violence and Abuse Center

380 Courthouse Drive, #8, Cavalier, ND 58220

tel: [7013310466](tel:7013310466) or **Crisis Line** tel: [8664357490](tel:8664357490)

Growing Hope in Pembina County

PO Box 170

Cavalier, ND 58220

tel: [7012652721](tel:7012652721)

Email: growinghopepec@gmail.com

www.growinghopeinpembinacounty.org

Family Caregiver Support Program

tel: [7017953000](tel:7017953000) or tel: 8882566742

<https://carechoice.nd.assistguide.net>

Farm Rescue – Refer a farm or ranch family in crisis

P.O. Box 28, Horace, ND 58047

tel: [7012522017](tel:7012522017)

<https://farmrescue.org>

Journey Beyond Abuse Women's Support Group

308 Courthouse Drive #8, Cavalier, ND 58220

tel: [7012658686](tel:7012658686)

Legal Services of ND

- Serves individuals under age 60
Hours: Monday, Tuesday, Thursday 9:00am-3:00pm
tel: [8006345263](tel:8006345263)
<http://www.legalassist.org>
- Serves individuals age 60 and beyond
Hours: Monday, Thursday, 8:00am–5:00pm;
Friday 8:00am-2:00pm

tel:[8006345263](tel:8006345263), Under age 60
tel:[8666219886](tel:8666219886), Age 60+
www.legalassist.org

Long-Term Care Ombudsman Services

Serving Region IV or the service area involving the counties of Grand Forks, Pembina, Walsh

tel:[8554625465](tel:8554625465), Option 3

<https://www.hhs.nd.gov/adults-and-aging/human-services/adults-and-aging/long-term-care-ombudsman-program>

National Multiple Sclerosis Society – Upper Midwest Chapter

2829 University Ave SE, Ste 900, Minneapolis, MN 55414

tel:[6123357900](tel:6123357900) or tel:[8003444867](tel:8003444867)

<https://www.nationalmssociety.org/Chapters/MNM/About-this-Chapter/Locations>

North Dakota Assistive

3240 15th St. South, Suite B, Fargo, ND 58104

tel:[7013654728](tel:7013654728) or tel:[8008954728](tel:8008954728)

www.ndassistive.org

North Dakota Association for Disabilities

(90 day maximum loan of equipment)

2660 South Columbia Rd., Grand Forks, ND 58201

tel:[7017755577](tel:7017755577) or tel:[8005326323](tel:8005326323)

Email: grandforks@ndad.org

<http://ndad.org/contact>

North Dakota Hearing Loss-School for Deaf

1401 College Dr. North, Devils Lake, ND 58301

tel:[7016654400](tel:7016654400) or tel:[8008872980](tel:8008872980)

Email: ndsd.school@k12.nd.us

<https://www.nd.gov/ndsd>

North Dakota Insurance Department

600 E Boulevard Ave., Bismarck, ND 58505

tel:[7013282440](tel:7013282440) or tel:[8002470560](tel:8002470560)

Email: insurance@nd.gov

www.nd.gov/ndins

North Dakota Protection and Advocacy & Advocacy Disability Rights in North Dakota

To report abuse, neglect, or exploitation of a person

Wells Fargo Bank Building

400 E Broadway, Ste 409, Bismarck, ND 58501

tel: [7013282950](tel:7013282950) or tel: [8004722670](tel:8004722670)

Email: panda@nd.gov

www.ndpanda.org

North Dakota Vision Services / School for the Blind

Offering services to visually impaired residents of all ages

500 Stanford Rd., # A, Grand Forks, ND 58203

Region 4 Pembina, Walsh and Grand Forks Regional Coord.

tel: [7017952718](tel:7017952718) or tel: [7017952700](tel:7017952700)

<https://www.ndvisionservices.com>

Northeast Human Service Center (includes Aging Services)

- 151 South 4th St., Suite 401, Grand Forks, ND 58201

tel: [7017953000](tel:7017953000) or tel: [8882566742](tel:8882566742)

24 Hour Crisis line tel: [7017750525](tel:7017750525) or tel: [8008453731](tel:8008453731)

<https://www.hhs.nd.gov/HSC/region-4>

- Grafton Outreach Location

901 West Midway Dr., Grafton, ND 58237

tel: [7013524334](tel:7013524334) or tel: [8888452215](tel:8888452215)

24 Hour Crisis line tel: [7017750525](tel:7017750525) or tel: [8008453731](tel:8008453731)

E-mail: dhsnehsc@nd.gov

- Vocational Rehabilitation

tel: [7017953100](tel:7017953100) or tel: [8552566742](tel:8552566742)

Options Resource Center for Independent Living

tel: [8007263692](tel:8007263692)

www.myoptions.info

Parenting After Violence Support Group

308 Courthouse Dr., #8, Cavalier, ND 58220

tel: [7012658686](tel:7012658686)

Parkinson's Disease Support Groups

- Grand Forks Parkinson Wellness Program
Altru Family YMCA
215 N. Seventh St., Grand Forks, ND
Hours: Meets 10:30am-Noon Mondays and Wednesdays
tel: [7017752586](tel:7017752586)
<http://www.gfymca.org/healthy-living/health-well-being-fitness/parkinson-wellness-program/>
- Altru Psychiatry Building
860 N Columbia Rd, Grand Forks, ND 58201
tel: [7017802428](tel:7017802428)
Meets 1st Tuesday of each month, 6:30-8pm for individuals, spouse, or caregivers
- National Parkinson Foundation
<https://www.parkinson.org>
tel: [8004734636](tel:8004734636)
- Marv Bossart Foundation for Parkinson's Support, Fargo, ND
<https://marvbossartfoundation.org>
- HeartSprings Community Healing Center Fargo, ND
tel: [7012613142](tel:7012613142)
<https://www.heartspringscenter.org>
- Parkinson's Foundation Minnesota and Dakotas
700 1st Ave S, Fargo, ND
tel: [7012344023](tel:7012344023)

Northern Valley Human Services Zone
300 Boundary Rd. West, Cavalier, ND 58220
tel: [7012658441](tel:7012658441)

Pembina County Veterans Service Office
To assist in obtaining all entitled benefits (i.e., burial, memorial markers, record/medal replacements, etc.)
Physical- 308 Courthouse Dr., 2nd floor of law enforcement, Cavalier
Mailing- 301 Dakota St. West #16, Cavalier, ND 58220
tel: [7012654460](tel:7012654460)

Salvation Army
Hours: Monday – Friday, business hours
tel: [7012133467](tel:7012133467) contact Cody Kill

State Health Insurance Counseling Program
North Dakota Insurance Department
Questions about Medicare, Medicare supplements,
Medicare Part D, and long-term care insurance
tel: [7013282440](tel:7013282440) or tel: [8885756611](tel:8885756611)
<https://www.insurance.nd.gov/consumers/medicare-assistance/ship-counselors>

Vulnerable Adult Protective Services (VAPS)
Serving Region IV or the service area involving the counties of Grand Forks, Pembina, and Walsh
Contact this agency to report abuse, neglect, or exploitation of a vulnerable adult
tel: [8554625462](tel:8554625462); Option 2 or use reporting form:
<http://ndpanda.org>
<https://www.hhs.nd.gov/sites/www/files/documents/featured-area/sfn01607.pdf>

Transportation Services-

Faith In Action

206 Division Ave., Suite B / PO Box 458, Cavalier, ND 58220

tel: [7012656230](tel:7012656230)

Pembina County Public Transit

- Transportation services for people of all ages
- Local rides available county-wide and to Grand Forks
- Call for schedule and fare information
- tel: [7014546586](tel:7014546586)
<https://www.facebook.com/pembinacountymealstransportation1>

Veterans Service Office (for Veterans only)

Mailing- 301 Dakota St. West #16, Cavalier, ND 58220

tel: [7012654460](tel:7012654460)

Veterans Services-Individuals may access this resource for support and information available for veterans.

Veterans Crisis Line

<tel:988> then **Press 1**

Pembina County Veterans Services

Physical address: 308 Courthouse Drive, Cavalier, ND 58220 (2nd floor above Law Enforcement)

tel:[7012654460](tel:7012654460)

Walsh County Veteran Services

638 Cooper Ave, Suite 5, Grafton, ND 58237

tel:[7013525030](tel:7013525030), Cell tel:[7013311700](tel:7013311700)

Email: walshcountyvso@nd.gov

<https://walshcountynd.com/government/veterans-service-office>

Fargo VA Health Care System (Hospital)

2101 Elm St. N, Fargo, ND

Hours: 24 hours per day/ 7 days per week

Tel:[7012393700](tel:7012393700) or tel:[8004109723](tel:8004109723)

<https://www.va.gov/fargo-health-care>

Grafton VA Clinic (CBOC)

1319 W 11th St, Grafton, ND 58237

tel:[7013524059](tel:7013524059) Press "0"

Grand Forks VA Clinic (CBOC)

3221 32nd Ave S, Ste 700, Grand Forks, ND 58201

tel:[7013354380](tel:7013354380)

Supportive Services for Veteran Families

ND Dept of Veterans Affairs

4201 38th St S, Ste 104, Fargo, ND 58104

tel:[7012397165](tel:7012397165) or tel:[8666348387](tel:8666348387)

Volunteer Opportunities-Organizations who offer volunteer opportunities to senior citizens so that they may become more involved in their communities.

Cavalier Thrift Store

213 Main Street West, Cavalier, ND 58220

tel:[7012653776](tel:7012653776)

Faith in Action

206 Division Ave. S, Suite B/PO Box 458, Cavalier, ND 58220

tel:[7012656230](tel:7012656230)

NDSU Extension

301 Dakota St. West, #7, Cavalier, ND 58220

tel:[7012658411](tel:7012658411)

Pembina County Emergency Food Pantry

106 Main St, Cavalier ND 58220

Hours: Tuesday 3:00-4:30pm

tel:[7012654244](tel:7012654244)

Pembina County Meals and Transportation

PO Box 9, Drayton, ND 58225

tel:[7014546586](tel:7014546586)

Pembilier Nursing Center

500 Delano Ave., Walhalla, ND 58282

tel:[7015493831](tel:7015493831)

Red River Valley Community Action

Volunteer to pickup and deliver donated food items

1013 N. 5th St., Grand Forks, ND 58203

tel:[7017465431](tel:7017465431)

Wedgewood Manor

804 Main Street West, Cavalier, ND 58220

tel:[7012658453](tel:7012658453)



Public Health

Prevent. Promote. Protect.

Pembina County Public Health

If you have questions or updates, please call Pembina County Public Health at (701) 265-4248 or email rpuppe@nd.gov.

This resource is subject to change and may be updated annually. It is available electronically on <http://pembinacountynd.gov>.